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~ For Immediate Release ~

Free Pre-Diabetes Class Offered

(ST. JOSEPH) – Lakeland Health is offering a free program designed to help anyone with higher-than-normal blood sugar levels who are at risk for developing type 2 diabetes. This program does not require a physician referral and helps area residents change their lifestyles to delay – or avoid – the onset of diabetes. Pre-registration for this free class is required. For more information or to register, call (269) 556-2868.

Thursday, April 9

5:30 to 7:30 p.m.

Center for Outpatient Services, St. Joseph
Pharmacy Conference Room
3900 Hollywood Road

According to the American Diabetes Association, diabetes is the biggest public health crisis of the twenty-first century. Nearly 26 million children and adults in the United States have diabetes, including 7 million people who have not yet been diagnosed, according to the Centers for Disease Control and Prevention. In 2010, about 1.9 million new cases of diabetes were diagnosed in adults age 20 or older. In addition, another 79 million adults are estimated to have pre-diabetes, a condition that increases the risk for diabetes. Early diagnosis of the disease is critical to successful treatment in order to delay or prevent complications such as heart disease, stroke, blindness, and kidney disease.

Visit www.lakelandhealth.org or find Lakeland Health on Facebook or Twitter for more classes and events.

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